



K-STATE
Research and Extension

Healthy Celebration!

Great Granny's Magnificent Strawberry Shortcake

12 servings

Ingredients:

- 2 cups all-purpose flour*
- 2 tablespoons sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup butter
- 1 egg, beaten
- ⅔ cup milk
- 3 to 4 cups strawberries, washed and sliced
- 1 cup low-fat whipped cream, optional



Directions:

1. Preheat oven to 450 degrees.
2. Lightly coat 8 x 1½-inch round pan with cooking spray; set aside.
3. Sift flour, then sift together dry ingredients.

4. Cut in butter until mixture resembles coarse crumbs.
5. Add egg and milk, stirring by hand just enough to moisten.
6. Spread dough in pan, building up edges slightly.
7. Bake 15 to 18 minutes or until lightly brown. Remove cake from pan and cool on rack 5 minutes.
8. Split into two layers and lift top off carefully.
9. Alternate layers of cake, whipped cream and strawberries, ending with strawberries on top.

Nutrition Facts:

1 serving without whipped cream provides 180 calories, 9 g total fat, 5 g saturated fat, 0 g trans fat, 40 mg cholesterol, 250 mg sodium, 23 g total carbohydrate, 1 g dietary fiber, 5 g sugar, 40% vitamin C, 6% iron

Recipe from Book in the Bag

http://www.be.k-state.edu/fnfp/BIB/BIB_pdfs/cookadoodlepdfs/cookadoodle4recipes.pdf

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